

# Give it a Go Rainbows Triathlon badge



To gain your 'Give it a Go' Triathlon badge, you should try each of these activities below with the help from your leader or take part in a triathlon taster session with a qualified coach.

## Run, swim, cycle!

### 1 Activity 1 - Hungry birds running game

- There will be four areas (bird house) set up in each corner.
- All equipment and items will be placed in the middle of the hall/field.
- Aim of the game is for your team to collect as many items as possible and bring it back to their own bird house.
- Only one person at a time and only ONE item at a time.

The following activities would need to be completed at a venue with the relevant facilities (Swimming pool/safe area for cycling). Please make these activities challenging to the individual not as a whole group.

### 2 Activity 2 - Pool ping pong swimming game

- Split girls into teams.
- Girl can either sit on the edge of the pool or stand in the pool.
- Throw the ping pong balls in random areas of the pool.
- The team to retrieve the most ping pong balls wins.

### 3 Activity 3 - On your bike cycling game

- Cycle your bike from a starting point to a finishing point.
- Cycle in and out of the cones without falling over.
- Race against yourself to see how fast you can get from the start to the finish.
- Complete each activity 3 times recording your fastest time.

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